



# Tuning in to Kids

**Want to learn how to help your child manage feelings and emotions (emotional intelligence)?**

Children with emotional intelligence have greater success making and keeping friends, are more able to calm down when upset or angry and have better concentration at school.

In this program for parents and carers, you will discover how to help your child understand and manage feelings such as frustration, worry and anger.

✓ Help kids identify feelings and manage emotions

✓ Build self-esteem

## Program dates & location:

**Location:** 176-178 McCrae Street Bendigo

**Dates:** Mondays 18 July – 22 August 2022

**Arrival and Registration:** 11:45am (first session only)

**Time:** 12pm-2pm

## RSVP:

Reception | CatholicCare Victoria  
T (03) 5438 1300 | E [email@ccds.org.au](mailto:email@ccds.org.au)

This Program has 6 weekly sessions.

### Fees (for full program):

\$60 or \$30 Concession (workbook provided)

*Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged*

*Please remember your mask. We ask that all participants follow social distancing and face mask regulations.*